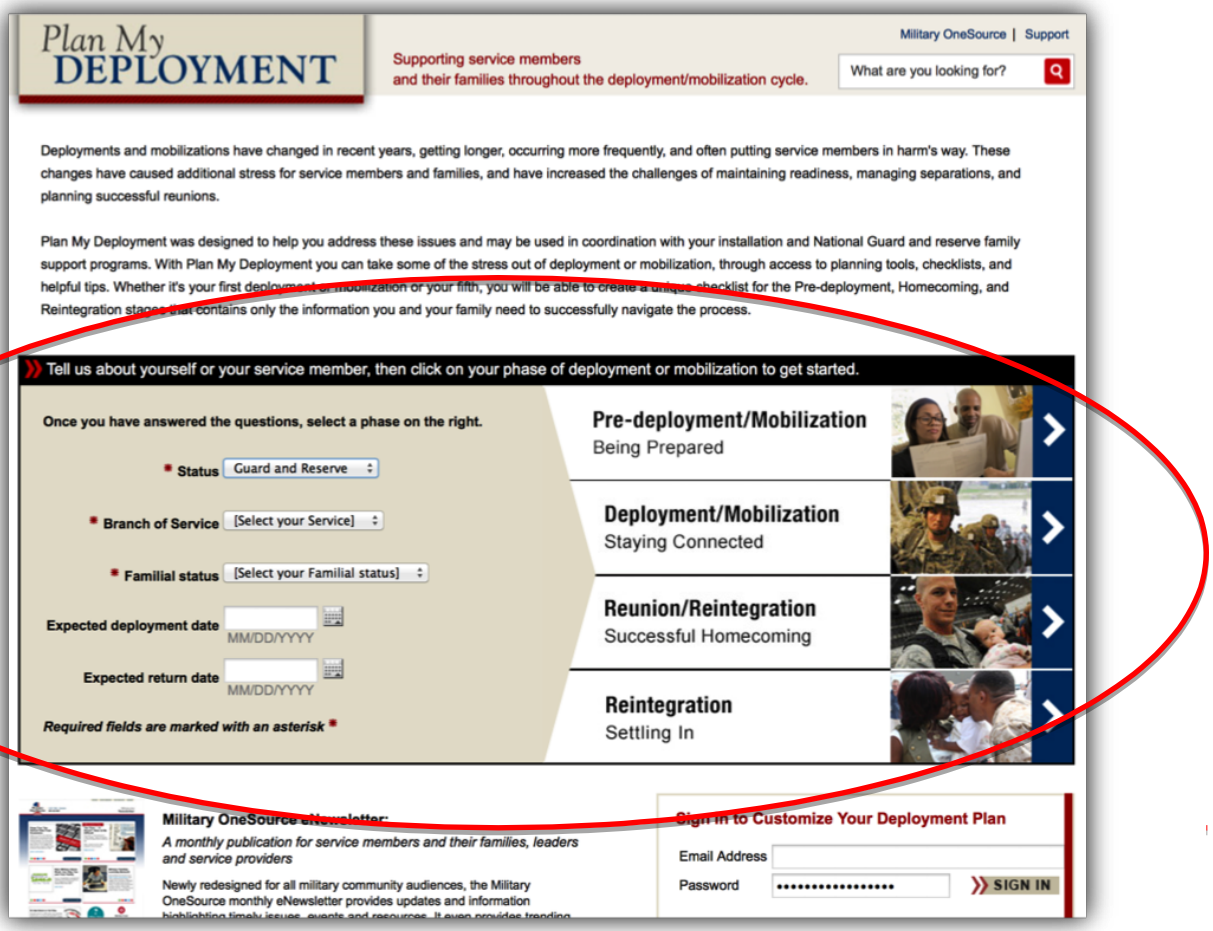
During Deployment Support

Deployment cycle resource: Plan My Deployment


Plan My DEPLOYMENT
Supporting service members and their families throughout the deployment/mobilization cycle.
Military OneSource | Support
What are you looking for?
Deployments and mobilizations have changed in recent years, getting longer, occurring more frequently, and often putting service members in harm's way. These changes have caused additional stress for service members and families, and have increased the challenges of maintaining readiness, managing separations, and planning successful reunions.
Plan My Deployment was designed to help you address these issues and may be used in coordination with your installation and National Guard and reserve family support programs. With Plan My Deployment you can take some of the stress out of deployment or mobilization, through access to planning tools, checklists, and helpful tips. Whether it's your first deployment or mobilization or your fifth, you will be able to create a unique checklist for the Pre-deployment, Homecoming, and Reintegration stages that contains only the information you and your family need to successfully navigate the process.
Tell us about yourself or your service member, then click on your phase of deployment or mobilization to get started.
Once you have answered the questions, select a phase on the right.
Status
Guard and Reserve
Branch of Service
[Select your Service]
Familial status
[Select your Familial status]
Expected deployment date
MM/DD/YYYY
Expected return date
MM/DD/YYYY
Required fields are marked with an asterisk
Pre-deployment/Mobilization
Being Prepared
Deployment/Mobilization
Staying Connected
Reunion/Reintegration
Successful Homecoming
Reintegration
Settling In
Military OneSource eNewsletter:
A monthly publication for service members and their families, leaders and service providers
Newly redesigned for all military community audiences, the Military OneSource monthly eNewsletter provides updates and information
Sign in to Customize Your Deployment Plan
Email Address
Password
SIGN IN

During deployment: maintaining the homefront

Remember everyone who is impacted, and identify their potential needs and resources.

- Spouses
- Children
- Extended family
- Friends
- Significant others

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During deployment: spouses and significant others

Topics

- Keeping the relationship strong
- Managing changes in roles and responsibilities
- Handling stress

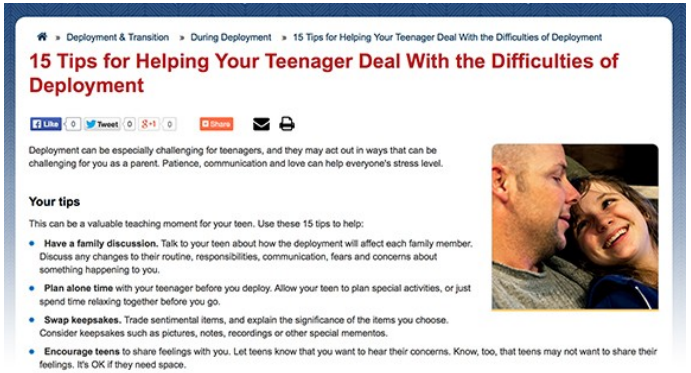
Resources

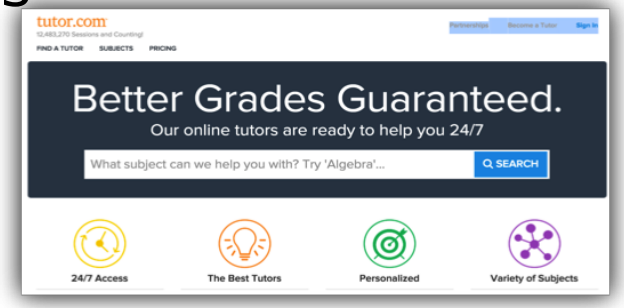
During deployment: children and teens

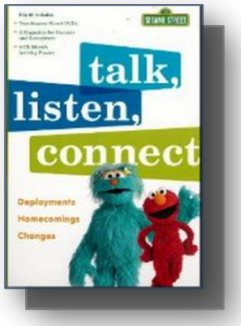
Topics

- Keeping routines as normal as possible
- Interacting and connecting with your children and teens
- Entertaining and educating your children and teens

Resources


Deployment & Transition » During Deployment » 15 Tips for Helping Your Teenager Deal With the Difficulties of Deployment
15 Tips for Helping Your Teenager Deal With the Difficulties of Deployment
Deployment can be especially challenging for teenagers, and they may act out in ways that can be challenging for you as a parent. Patience, communication and love can help everyone's stress level.
Your tips
This can be a valuable teaching moment for your teen. Use these 15 tips to help:
Have a family discussion. Talk to your teen about how the deployment will affect each family member. Discuss any changes to their routine, responsibilities, communication, fears and concerns about something happening to you.
Plan alone time with your teenager before you deploy. Allow your teen to plan special activities, or just spend time relaxing together before you go.
Swap keepsakes. Trade sentimental items, and explain the significance of the items you choose. Consider keepsakes such as pictures, notes, recordings or other special mementos.
Encourage teens to share feelings with you. Let teens know that you want to hear their concerns. Know, too, that teens may not want to share their feelings. It's OK if they need space.





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During deployment: financial

Topics

- Sticking to your budget during deployment
- Considering large purchases
- Managing money
- Housing issues

Resources

- Financial counseling
- Financial calculators
- Consumer protection
- Podcasts and materials

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